

On the Law, Development Trend and Winning Elements of Boxing

Yulin Xing^{a,*}, Jinmei Lin

Boxing Team of Guangdong Heavy Sports Training Center Guangzhou, 510630, Guangdong Province

^a gaolcn@foxmail.com

*corresponding author

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Abstract: This paper makes a simple study on the rule, development trend and winning elements of boxing, expounds roughly the development course of boxing in our country, and makes a brief discussion on the winning elements, hoping to help the development of boxing in our country..

1. Introduction

Because boxing is a fierce confrontation, because the understanding of boxing by boxing players is different, and everyone's personality, physical conditions, cultural background and so on are very different. Therefore, different boxing players are bound to have different styles of play, there is no good conclusion of which style. As a boxer, whether it is a coach or an athlete, if there is a lack of understanding of boxing rules, development trends and winning factors, then there must be varying degrees of deviation in training, resulting in twice the result with half the effort.

2. The Development of Boxing in China

2.1. Initial Phase

In 1986, our country resumed boxing, which had been suspended for nearly 28 years, when the first goal was to win the gold medal at the 11th Beijing Asian Games. From the situation at that time, Chinese boxing is recovering early, so the foundation is poor, the level is not high. In order to raise the level of boxing in our country as soon as possible, many experts from North Korea, the former Soviet Union and Cuba were invited to teach. For reasons of race and other factors, Asia is the world's advanced level at the small and medium levels, while the relative level at the large level is not high. Therefore, at that time, our boxing decision makers decided to strengthen at the big level, which proved to be correct. At the 1990 Beijing Asian Games, Bai Chongguang won the 81 kg gold medal.

2.2. Stagnation Phase

At the 1990-2000 Sydney Olympics, Chinese boxing was at a standstill. Our country has invited many experts to coach in North Korea, the former Soviet Union and Cuba successively. The technical style of boxing in our country is from North Korea's middle and close distance, the style of hard fighting to the former Soviet Union's middle and close distance, the pressure type of strong strength and heavy fist, and finally to Cuba's middle and long distance, with quick pace and diverse tactics. Therefore, the boxing movement in our country contains a variety of technical styles, lacks the objective research on the world boxing world, does not combine the world boxing with the national conditions of our country at that time to form its own boxing style, but develops in many ways, and wants to make certain achievements at many levels. In fact, China's big rank still occupies a place in Asia, but looking at the world boxing is far from enough, the best result in the Olympic Games is Jiang Tao's fifth place in 1996.

2.3. Development Phase

Since the Sydney Olympic Games, China's new boxing decision makers have seriously

summarized and thought about China's boxing, combined with the world boxing pattern and the development of Chinese boxing, decided to take the small level as the breakthrough point to rush out of Asia and face the whole world. Zhang Chuanliang, head coach of the national team, studied the rules of boxing and combined with the different characteristics of athletes, concluded that the development trend of boxing in China is "fast, frequency, distance, timing", and then based on this, integrated a set of training system to help athletes faster, more flexible and more comprehensive. At the 2004 Athens Olympics, Zou Shiming, a 48-kilogram player from Guizhou, China, won the bronze medal in the world boxing world by relying on his piracy, helping our country break through the zero medal in boxing at the Olympic Games.

2.4. Breakthrough Phase

With the promotion of Zhang Chuanliang's training concept after the Athens Olympic Games, China's boxing has developed rapidly, the training concept has been improved by leaps and bounds, and the training methods have been constantly updated with the passage of time, thus helping China's boxing to achieve many proud achievements in the international arena. Especially in the 2008 World Championships, Zou Shiming won the 48kg championship in China, and other Chinese athletes won four bronze medals and two fifth place, as well as seven tickets to the Beijing Olympic Games.

3. Winning Factors in Boxing

The training principle must be strict from the actual combat, and maintain a large amount of exercise, such a "three from one big" principle allows boxing players to feel the real battle in training, constantly remind athletes that all the fighting methods are to win in the real game, this way can achieve better training results, otherwise it is easy to waste strength to do useless training. In order not to take a detour in training, the boxer must have a certain understanding of the winning factors of boxing match[1].

3.1. Solid Basic Skills

As a boxer, the basic skills are the most basic, boxing basic skills include boxing, footstep, boxing step coordination, attack and defense skills and tactics and so on. If a boxer doesn't fully grasp the requirements of basic skills in the early stages of boxing, it will be difficult to become a high-level boxer in the future.

3.2. Availability of Comprehensive Technology

If an athlete has comprehensive skills, then he has the potential to become a good athlete. Comprehensive technology is based on solid basic skills. In order to face the opponents of different styles such as strength type and technology type calmly in the competition, we can gradually increase the antagonism through targeted simulation training, and help them to use the confrontation skills flexibly when facing the athletes of different styles. If the technology is not comprehensive, then can only deal with a single style of players, greatly affected the use of tactical space, so that other athletes drill holes, affect performance.

3.3. Special Skills

The role of special skills in the competition is extremely important. A good athlete is a combination of comprehensive skills and special skills. In fact, the training of athletes is a process of growth, in the process of training, improve the skills of athletes in all aspects, on this basis according to the individual differences of athletes to strengthen some aspects, so as to form special skills. Athletes who know everything on the court are not terrible. What is terrible is that a skill is so perfect. Overall, the so-called comprehensive technology is to focus on the specialty technology, in order to make the specialty more prominent. As the understanding of boxing is deepening and the actual combat experience is becoming more and more abundant, we can take the essence of boxing according to our own understanding and experience and gradually form our own specialty[2].

3.4. Adequate Physical Capacity

As a boxer, abundant physical fitness is the basis for the competition. The intensity of boxing is self-evident, abundant physical ability is the basic guarantee to support the development of technology. Boxing belongs to the mixed oxygen metabolism of aerobic anaerobic metabolism. Since the boxing time has been shortened, from the original three-minute three-round to two-minute four-round, the intensity of the competition has increased, then the anaerobic metabolism of the training position has become more prominent. The main training methods and means are speed exercises and speed endurance exercises.

3.5. Strong Basic and Special Forces

Heavy fist is an important weapon to win the game. The position of power in physical fitness is not insignificant. There are many factors that affect the victory of a boxing match, the main way is to win by winning. knock down or count eight. Boxing rules require that the boxer hit the opponent's effective scoring position with a standard boxing method without defense, then the score is considered valid. Knockdown or eight means that according to the degree of injury caused by the hit, the referee will suspend the game or force eight to protect the athlete. In fact, power is the key to these three ways of winning. If one of the strength of one level player is dominant, it will bring great pressure to the psychology of the other player, thus affecting the normal play of skills and tactics. It is difficult to find a full match with Jiang Tao in the boxing world of our country. He has many factors to win, but his heavy fist is the key to win.

3.6. Stable Psychological Quality

The stable psychology is the guarantee that the competition displays the skill and tactics level normally. Whether the boxer has a stable psychological quality determines whether the athlete can play his skill and skill level normally or beyond the level in the competition. Psychology is an abstract subject, it can not be seen and touched, there is no quantitative index to measure and define it, but it is often the key factor to determine the victory or defeat of the game. Therefore, coaches must guide each person according to their different circumstances, from the difficult strict training, gradually develop the athletes tenacious style of training and the confidence to overcome difficulties; in the management must be strictly managed, so that the players develop good training and living habits[3] .

3.7. Strong Willpower

Tenacious willpower can increase combat effectiveness to a certain extent. Boxing is a fierce confrontation, athletes' physical strength is quickly consumed, the most difficult period is the most important period to determine success or failure. When the body of both players reaches the limit, the key factor to determine the victory or defeat depends on whose willpower will be higher. In addition, boxing matches are graded, so athletes must meet the weight requirements of that level, which requires athletes to control their weight for a long time, which requires athletes to have strong willpower. To this end, the coach has strict requirements for daily training, and in order to improve the quality of the athletes' will and establish an excellent competitive style, prepare the limit training, so that the athletes can overcome the difficulties and overcome themselves in the process.

3.8. Having an Intelligent Mind

A good boxer needs a clever mind. The development trend of modern boxing has characterized boxing as an intelligent item. If the athlete does not have a smart mind, he will not be able to understand the technical points of each movement in the training process, and can not achieve the tactical intention set by the coach in the game. The battle of two warriors must be won by the wise. Therefore, in the training, it is necessary to increase the IQ training of athletes, arrange their tactical analysis and discussion, improve the independent thinking and judgment ability of the players, and gradually form the initiative in the training.

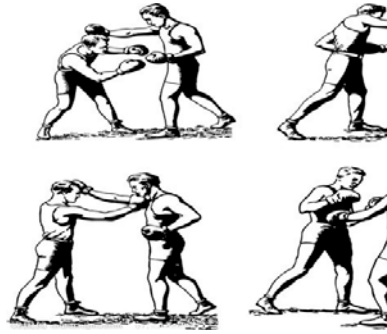


Figure 1 Boxers



Figure 2 Boxers

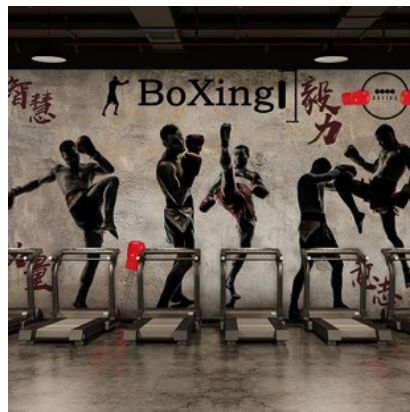


Figure 3 Boxers

4. Concluding Remarks

The study of boxing rules requires a dynamic view. We must recognize the law of boxing, grasp the trend of technological development, keep pace with the times, and base ourselves on reality.

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